

Health and Physical Education

Arcadia Action

Elective
Grade(s) 9-12
A Level
Prerequisite:
None

Semester

The students will watch the weekly episode of JOAN OF ARCADIA during the first class and discuss the episode during the second class. The discussion will focus on a variety of questions including theme(s) of the episode, common moral dilemmas of the show, and how they can personally relate to and learn from the episode. At the end of each discussion students are required to write journal reflections. The grade is based on participation and a completed journal. The class is pass/fail and the grade is based on participation and a completed journal. This course meets two days per cycle.

Health Education

Required
Grade(s) 11
A Level
Prerequisite:
None

Health Education is a mandatory course that must be passed for graduation. Emphasis is placed on information building, and decision making skills through the use of class discussions, audiovisual presentations, lectures, role play, and guest speakers. Areas of concentration include disease prevention, first aid and CPR, tobacco, and consumer health. This is a course designed for older students preparing to enter the next stage in their life, beyond high school. The instruction in this course completes the secondary requirements contained in the Health Education Frameworks.

Honors Leadership

Elective
Grade(s) 11-12
Honors
Prerequisite:
Successful completion of the
Physical Education Leadership
course and approval of director

This elective course may be taken during a student's senior year and is an elective course. Students will serve as teacher aides in physical education at the elementary, middle or high school levels. Enrollment in this program is limited. Students are required to keep a journal of their daily activities and write a term paper on their experiences each semester. Also, with the aide of their master teacher, students write lesson plans and unit plans for classes that they teach. It is required that students have taken PE Leadership prior to this course. Any student with a genuine interest in teaching as a career will benefit from this course. This course meets two days per cycle.

Physical Education 11-12

Required
Grade(s) 11 - 12
A Level
Prerequisite:
None

The course emphasis is on allowing students to use previously acquired skills in a wide range of elective activities. Priority is placed on self-motivated physical activities that students can be involved with in later life. Enrichment activities include indoor rock climbing, social dance, fencing and self-defense. Skill competencies, written assignments and class evaluations are incorporated into some of the units. Each grade level is expected to show proficiency in the activities that are important for their personal development at the appropriate age. The physical fitness level of students is assessed and recorded. This course meets two days per cycle.

Health and Physical Education

Physical Education 9-10

Required Semester
Grade(s) 9 - 10
Prerequisite:
None

Students rotate through a wide variety of activities which include many of the following: aerobics, step aerobics, weight training, basketball, field hockey, flag football, lacrosse, soccer, softball, volleyball, archery, badminton, bowling, golf, table tennis, tennis, track and field, cross country skiing, New Games, Project Adventure and dance. Personal fitness seminars disseminating information on fitness and nutrition are presented to all students. The physical fitness level of students is assessed and recorded. Skill competencies, written assignments and class evaluations are incorporated into some of the units. Each grade level is expected to show proficiency in the activities that are important for their personal development at the appropriate stage. This course meets two days per cycle.

Physical Education Leadership

Elective
Grade(s) 11-12
A Level
Prerequisite:
Approval of the director

This class may be taken during a student's junior or senior year. It is an elective course that may be taken to meet a student's normal physical education requirement or as an additional elective course. Students, under the direction of the physical education teaching staff, serve as assistant teachers, and will work with Freshmen and Sophomore classes or Adaptive PE classes. Students are required to keep a journal of their daily activities, write lesson plans for classes in which they assist, and write a term paper on their experience during the semester. A genuine interest in teaching is a necessity. This course meets two days per cycle.

Wellness Education

Required Semester
Grade(s) 9
A Level
Prerequisite:
None

The Wellness course is required for all freshmen. This curriculum begins with an orientation to the high school. Instructional emphasis will not only provide information but will facilitate decision making capabilities around the many life long choices made as adolescents, in areas ranging from physical, mental to social issues. The content presented to students incorporates the following: emotional health, sexuality education, conflict resolution and substance abuse prevention.
